

Exercise in your own pool

Although swimming is one of the finest of all physical conditioning activities, many small indoor and backyard pools go to waste because they don't lend themselves to long, continuous, endurance workouts. In these pools, more time is spent in stopping and turning than in swimming.

In addition, there are many people who miss the fitness benefits that a pool can provide simply because they are non-swimmers. They overlook the fact that a swimming pool, even a small one, can be readily used for another type of exercise. An excellent workout can be achieved without even swimming a stroke!

Numerous exercises can be done in water only waist or chest deep to quickly stimulate deeper breathing and increased circulation, and exerting effort against the water's resistance is an effective way to tone the muscles and add to their strength and endurance.

Water workouts can be especially useful to those who are overweight or hampered by a medical limitation. The buoyancy of the water reduces the effort required to support the body weight and slow, easy movements can be performed against mild resistance. Exercises in the water, however, can also be extremely strenuous. In fact, working fast and with maximum effort can quickly tax even a highly conditioned athlete!

The following are just a few of the many movements that can be done. They can be used as a welcome change from your usual gym routine or as an effective warm-up before starting a swimming session. They can also be used to give you a good workout whenever you find yourself in a pool that's too small for distance swimming, and they are an ideal alternative for those who have not yet learned to swim.

First warm up with some stretching exercises done on the deck and some moderately brisk walking back and forth across the pool.

1. High Knee Stepping:

This exercises hip, leg and abdominal muscles and also stimulates the circulatory and respiratory systems. You might find it helpful to place one hand on the edge of the pool for balance.

the fitness times with The Fitness Institute

Standing in chest-deep water, raise your right knee high toward your chest, then return to the starting position and repeat with the opposite leg. Continue at as brisk a pace as you can manage for 10 repetitions, rest 30-60 seconds, then repeat.

Try to increase the repetitions each workout until you are eventually doing 2 sets of 30.

2. Front & Side Arm Lifts:

This one works most of the upper body muscles, especially those of the shoulders, chest and back.

Standing in shoulder-deep water, arms down at your sides, breathe in and raise both arms straight up in front until they reach the surface. Then push down again, exhaling as you do, until you are back to the starting position. Then repeat the action, lifting your arms to the sides. Keep your arms straight, hands and fingers extended, backs of hands uppermost.

Do 6 repetitions, alternating front and side, rest briefly and repeat. Gradually work up to 2 sets of 12 repetitions.

3. High Jumps:

This is a more strenuous exercise that works

the leg muscles and, in high repetitions, provides excellent cardio-respiratory benefits.

Standing in water just over waist deep, bend both knees and then quickly jump as high out of the water as possible. Continue this jumping action as quickly as you can for a total of 6-8 repetitions. Rest 60-90 seconds and repeat.

Gradually increase the number until you are doing 2 sets of 20.

4. Open & Close:

This strengthens the chest and shoulder muscles and the important posture muscles of the upper back.

Stand in water about shoulder deep, both arms extended in front at chest level, palms together. Breathe in deeply and move both arms out and back until they are extended straight out to each side. Then exhale, pulling your arms back in the same arc to the starting position. Keep your hands and fingers extended for maximum effect.

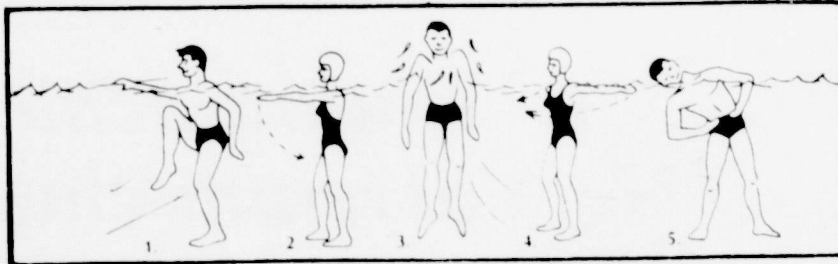
Do 6, rest briefly, and repeat, eventually progressing to 2 sets of 12.

5. Side Bends:

This exercises waist and torso muscles and helps flexibility.

Stand in chest-deep water, hands on hips. Bend your upper body to the right until your ear touches the water then reverse, bending to the left side in the same manner. Continue for 8 bends to each side, gradually increasing this number until you are doing 15 to each side.

This article reproduced by permission of the Fitness Institute Bulletin.



Indians take world title

Ferocious hitting in the fourth inning swept Clarkson-Lorne Park Indians to the Ancaster World T-Ball championship last Monday in Hamilton. The Indians defeated Islington 16-14 in the final.

In the bottom of the fourth inning, with one inning left, Islington was leading 12-7. Indians then exploded to score nine runs in a hitting onslaught, and kept Islington down to two runs in the fifth to win their eighth consecutive T-Ball tournament.

Joe Robillos led Indians hitting in the fourth with two doubles. Justin Proud, Steve Barrow and Dave Farrer all hit one double each.

Adam Ashton, Greg Bailey, Dave Boyko, Barclay Napier, Peter Heary, Joe Strati, and Jeremy Schofield all singled for Indians in the fourth.

The win gave Indians their 42nd consecutive victory. They will attempt to extend their unbeaten streak August 16-17 in the Clarkson-Lorne Park T-Ball tournament.

-24 HOUR SERVICE-

Belyea Bros.
EST. 1910

PLUMBING HEATING
TEL: 277-1409 — 767-1112

SHOWROOM
1878 DUNDAS ST. E., MISSISSAUGA

Mississauga's only
Volkswagen Dealer.

SALES • SERVICE • LEASING

autohof mississauga
1800 lakeshore rd. w. 823-4404

THE MISSISSAUGA
Times

Hertz CAR & TRUCK RENTALS

Truck Rental and Leasing

Where Winners Rent
WEEKEND SPECIAL
\$44⁹⁵

You'll receive a Pinto from Friday NOON to Monday NOON
400 FREE KM
(\$13.95 first Day ANY car)

VAN & TRACTOR RENTALS
TRUCKS

- 12' to 24' Vans
- Single & Tandem
- Tractor Trailers
- Diesel Power
- Pick-ups

Vans as low as \$18 per day & 9¢ per KM

Low Daily Rates & Long Term Leases

MISSISSAUGA
U-DRIVE INC.
270-4546

We also accept Bay credit card

CENTRALLY LOCATED

U-DO ALUMINUM

Alcan Building Products Authorized Dealer

... Drive a little
Save a lot

TRI-LITE SELF-STORING 1 1/4" DOORS
34 X 82
\$89⁹⁵
TAX INCLUDED

ALCAN WHITE & GOLD SIDING INCLUDING BACKERBOARD
\$5⁸³ per 12 Ft. SHEET
QUANTITIES LIMITED

CLEARANCE
on Eavestroughs, Odd Sized Shutters and Cut-Ends.

U-DO ALUMINUM PRODUCTS
80 HALE ROAD BRAMPTON
Division of George Kent Aluminum Products Limited

Bargain Corner of mismeasured windows & doors — make an offer, we need the space.

453-1331

HOURS:
MON. to FRI.
9 A.M. till 6
SATURDAY
9 A.M. till 1:00 P.M.